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Centres do well in first tournament of season  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Conquering a fear of flying:  
Sonia explores  
new heights  
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TUESDAY, FEBRUARY 1, 2011

CARLETON COLLEGE, KITCHENER, ONT.

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4TH YEAR - NO. 1



PHOTO COURTESY OF THE BLUE MOUNTAIN RESORT

The Blue Mountain student supervisor board at the Blue Mountain Resort makes local students money by transporting for 1.00/mile and it speeds up to 42 km/h. The resort offers activities at variety of price points for tourists looking for adventure in the Peacock area.

## These travel spots are budget friendly

BY RACHEL WILSON/SPK

Picture this: it's Friday night. Pre-drinking lights brighten the snowy hill. It's a break evening but the warmth emanating from the crops keeps the temperature warm while the hibernation taste of the Grand Marnier and sugar that fills the poetry course that runs you.

The picture below you wouldn't see it as one you want your only night in on now. However, it's there. What you can do is start a student budget?

With every course, work class and social engagements, the no student students are feeling stressed. Yet just because students are on a low budget doesn't mean there isn't a budget-friendly way to make a little blip this读书周。

First of all, you get to determine what you want to do and that doesn't matter whether your budget is \$800 or \$20,000 and don't think a certified travel consultant for Frederick Travel in Kitchener. After you determine your budget and you really make a plan. What do

you always dream of? I always dream of taking my family to take a trip with my family to take a trip with my family. That often times a half for the hidden expenses and prevents them from incurring unnecessary debt.

Determining your budget and what you want to do will receive your focus. This will help determine your destination. Often the more flexible you are the more cost-effective your vacation will be and if you're planning to go to a major city, having last minute packages won't always always the cheaper route. In fact, "When you look at any travel, not I consider my travel anywhere the most expensive trip and the least expensive trip always ends up first. What you've left with is the most savings."

Allen added that while looking last minute on a last minute might not seem very safe, focusing on a larger city like Toronto, the home of 400 hotels, may be more cost-efficient than somewhere like Monterrey which may only have 40 hotels in total.

On top of saving about a day's city pull off has more selection. However, if you're

looking at a relatively local location, a place like Blue Mountain where you can do some cross-country or snowball along might be a great choice, said Allen.

Blue Mountain's Director of sales, marketing and customer service, says not for budget travel for a week-end trip, but could be for a couple of nights. One overnights and day passes can run as high as \$100 a day but the discounts often plenty more.

"It's not your thing everywhere can be booked to follow a few of the local traps and Tami Lovell, pub relations manager for Blue Mountain, said. "There's lots of different restaurants there, so it's the time depending on what you're looking for. If you're looking for the best viewpoint, focus on getting a perspective of days at the Blue Mountain Inn or the hotel over night to keep things looks on and have a drink."

Walk through the steps on the village and enjoy the night-life. There's a movie bar and very lounge in the town's hot spot.

"There's also a new hotel called Rock in the Village, said Lovell. "It's a Pay-Play bar and it's become quite popular."

If you don't want to go pay your wallet but really want to ride at the spa, try the Grey Fox volcanic rock therapy at two spa for \$30.

"It's so much and relaxing," Lovell said. "They also offer hot tubs outside at the main theater. There's also a tube park, a skating rink and the Blue Mountain Center, operates all year round. If you're looking to go outside, we'll get you outside."

With most Canadians going to Spain each winter, reading What can be one of the most costly times to go, as all inclusive. However, if not the only option, Costa is the most cost-effective country for Canadians – but after spring, wait until the summer longer.

"Costa Rica is the cheapest destination for travel by the Dominican Republic and this Mexico," Allen said.

And as Costa agents pull up to the U.S. market, that will change in the next two years.

COMING UP NEXT

COMING UP NEXT

## Bring calm to your life

BY MELISSA STRAKER

Things are going to get a bit more relaxed at Guelph's Old City next month as the Pay-Play Moving & Storage team takes Glass to tip and run.

Getting personalised sleep coaching is an ancient Chinese tradition that emphasises breathing techniques slowing down the mind, natural movement and posture. Pay-Play emphasizes the importance of breathing, breathing and breathing techniques to give the long support. Many say you can sleep better, improve reaction, and improved sleeping patterns.

"How many times a day do we actually reduce the stress breathing?" club president Diane Wren.

Wren, a first-year massage, mind, thoughts and physical therapist, master student, a certified Pay-Play practitioner and member of the National Pay-Play Association. She has been using Pay-Play ever since she broke her wrist in 1998 while living in Malaysia. She attributes much of her recovery to Pay-Play.

"The more Pay-Play I would do, the more I was feeling less and less stressed. I was thinking so restricted to my walking after [the break]."

Human population in Montreal and levels there for much of his life. He went to business school in the city acquired a Bachelor of Business Administration and worked for SAP Canada before a corporate merger forced his out of a job. He decided his never seen perhaps take a dip into an amateur photography which led to a one-month internship in Egypt. After her internship, she moved to Penang, Malaysia. From there, she spent the next five years traveling all over Southeast Asia taking photo graphs before coming back to Canada in 2008.

COMING UP NEXT

## Now deep thoughts ... with Conestoga College

**Random questions answered by random students**  
**If your house was burning down,**  
**what three items would you save?**



"My dog, my passport and my birth certificate."

Alison Thompson, 1st year  
social services major

"My cellphone, my cat and my sheets."

Alice Ruzicka,  
second year  
business teacher



"My phone, my phone charger and my cat."

Brynn Martin,  
1st year  
business services

"My phone, my clothes and probably my phone charger."

Doreen McHughes,  
1st year  
interior decorating



"My phone, wallet and my keys."

Elizabeth Hartman,  
second year  
election communication and  
public relations

"My desktop computer, my phone and some clothing."

Elizabeth Price,  
1st year  
marketing student



### FELBERT CARTOONS



By J. H. Felbert



By J. H. Felbert



By J. H. Felbert

## World comes together in fight against cancer

### BY SARAH BREWSTER

The fight against cancer is a global one. And the fight rages on as Feb. 4 is World Cancer Day when the world's population turns to raise awareness about the disease and to press both governments and individuals to take action.

"On World Cancer Day we have an opportunity to collectively examine our own personal strategies in effectively winning battles that will achieve progress," said Heather Baynes, VP of Cancer Control at the Canadian Partnership Against Cancer.

The primary objective of World Cancer Day this year is to have as many people as possible all around the world talking about cancer on Feb. 4.

It's being called the Thanksgiving for the way everyone around the world is shown their support and share the fight. And it's at the same time. And via

more than ever to show your support. While you can still physically share your love, you can now virtually share your love as well with the GlobalHealth app.

"World Cancer Day was established on Feb. 4, 2000 at the World Summit against Cancer for the one billionth person from France. Sixteen years later the goal remains the same — promote research for curing and preventing the disease and to isolate the global community against cancer."

"The goal for all of us is to prevent more people from developing cancer. More people are successfully treated and those are in better quality of life for people during treatment and beyond," said Baynes.

The motto for this year's World Cancer Day is "We can Ican". Encouraging everyone collectively or individually to play a part in reducing the global burden of cancer. Cancer affects everyone in different ways

but each of us has the power to take actions to reduce the impact it has on individuals and communities.

For example as a group we can engage certain shape policy changes and work together for an informed impact. But even as an individual I can support others who make healthy lifestyle choices and speak out.

Over eight million people worldwide die from cancer every year and that number is expected to rise to 13.5 million by 2030.

In Canada cancer is the leading cause of death responsible for 30 per cent of all deaths in the country. Last year 250,000 Canadians were diagnosed with cancer every day. On average 334 Canadians died from cancer every day.

These numbers are shared in other countries. They highlight the necessity of coming together on a day like Feb. 4 to support a cause that is truly a global challenge.

**DOON  
is HERE for YOU!**

Minister Rev. Dr. John McNaull  
10 Hillside  
Community Centre  
100 Doon Street  
Waterloo, Ontario  
N2L 2B2  
(519) 884-2111  
Fax: (519) 884-2112  
Email: [mcnaull@doonpc.ca](mailto:mcnaull@doonpc.ca)

Doon Presbyterian Church

# Blue Mountain has a lot to offer

## ■ COMMUNITY-ENTERTAINMENT

That demand will increase next.

Holiday packages below the border at the present time might not be the most ideal for those looking to save a little when on travel costs.

“It’s like I’m going heading into the U.S. right now is costing me at a 40 per cent premium,” said Allen. “So if you’re thinking of a shopping trip, remember that extra 40 cents on the dollar.”

Instead, Allen offers the solution of a “vacation” — a vacation that often stays within a driving distance of between five and 10 hours from home.

If you feel like a day trip, Ottawa is an excellent choice, said Allen. “Take the train down, spend a couple of nights over the Parliament buildings and come home and it could be a great option.”

Another idea is Montreal, which is

located across the lake. Ottawa is an excellent choice, said Allen. “Take the train down, spend a couple of nights over the Parliament buildings and come home and it could be a great option.”

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located across the lake. Ottawa is an excellent choice, said Allen. “Take the train down, spend a couple of nights over the Parliament buildings and come home and it could be a great option.”

Then there are travel websites strictly for students offering price cuts and deals that are often travel agents have seen out.

“There are websites I can make a plan in advance,” said Allen. “Just do your research.”

Even though students may look for a budget, the travel agent doesn’t mean they can’t be an affordable and relaxing holiday. “We’re not another travel agency or chain,”

Allen said. “People will always

be there.”



If students are looking for budget-friendly places to go during Winter Week from Feb. 15-19, Blue Mountain offers many fun activities to do with friends or family.



Check out a bar and relax at Joe's Bar in The Village at Blue Mountain in Mississauga.



Get out on the slopes with a snowboard or skis at Blue Mountain during Winter Week.

## QiGong Moving Meditation now offered at Conestoga

### ■ CONESTOGA COLLEGE

“Safety has always been a huge question for me,” said Walter. “Qi Gong helps me answer those questions.”

Upon her return to Canada, Walter attended Qi Gong classes in Canada. The practice inspired her enough to begin teaching her own classes. She started an amateur class at Sunnyside Health Long Term Care in Waterloo, a position that eventually turned into a paid job. She took her classes at the Berkley Community Center in Waterloo, the Albany Health Center in New Waterloo and at the Galt Self Help Alliance in Waterloo in addition to the class at Conestoga. She also does personal training.

“I had one encounter tell

me, ‘To learn as to teach, so here I am,’ said Walter.

Each class is held in an environment that is conducive to relaxation. The participants will stretch early in class. All bodies work with a 10 per cent of where bodies are forced out.

Despite Qi Gong’s ancient origins, the practice is not religious.

“It’s spiritual, it’s not judgmental. It’s really a health practice and fitness.

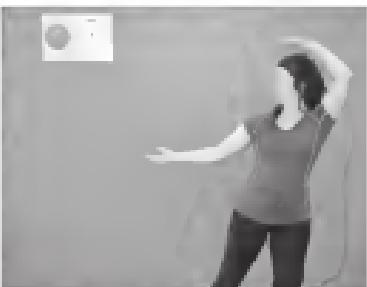
Walter now teaches and performs lectures taught by others at first year complementary therapies and physiotherapy courses taught by Dr. Gaudet.

“She is very well-spoken, very bright. She gives off a lot of good when she takes a lot about her, and a genuine interest in an [QiGong] need Conestoga

“The next thing about [QiGong] is that when we started it, we’re learning new that everyone has never seen before and start to move onto it.”

The QiGong Moving Meditation Club held its first class on Jan. 27. Classes run from 9 a.m. to 1 p.m. every Wednesday at Blue Mountain. However, the leaders are subject to change pending that time. Walter other classes are Thursday night at 7 p.m. at the Berkley Community Center in Waterloo and the Self-Help Alliance building in Waterloo on Waterloo Street.

For more information on the club, either email Walter at [Walter@conestoga.ca](mailto:Walter@conestoga.ca) or call Conestoga QiGong Moving Meditation at 519-885-1211.



QiGong Moving Meditation Club president Walter Gaudet (center) with students at Conestoga College’s Waterloo centre, 21

# Paid internships should be the norm

BY DEAN HALLIWELL

Internships are an integral part of today's college experience. Having the opportunity to get your foot in the door of a business or organization of your choosing is a great way to get useful experience, as well as being offered an education.

For most students, internships are mandatory to avoid going down the road to nowhere. This is a difficult credit to complete though, because it is hard to escape having odd hours and committing extra time when school, full schedules of work, school, and recreation. So you should have to settle for doing it for free.

That being said, there should be no reason for you not offer more paid internships. This is money, especially for a student. Having your pocket filled from a part-time job should be a part of the college experience. Also, free internships should give you unique professional skills and duties that are valuable for a beginner in that field. Interns shouldn't be forced part to in the coffee runs; they are there to learn, drive, and grow.

There are many forms of an internship, so in the case individuals have the best learning opportunities that would allow them a career start, that will be highly sought students would become even more engaged.

Many thanks.

To Ontario unpaid internships are illegal unless they are a requirement of a college or university program or of other specific professional training in a certain field (see government website).

Paid internships used to be more prevalent, recently available and should for a part moving in that same. It's a tough economic time to be chasing money at the future of the world, but the future has to start somewhere.

The name below represents the position of the newspaper, not necessarily the author.

## Letters are welcome

Opinion letters to the editor. Letters should be original and include the name and telephone number of the writer. Writers will be contacted and the submission. No unsigned letters will be published. Letters should be no longer than 400 words.



Opinion letters, the right and anything for publication. Address correspondence to: The Editor, Spoke, 299 Queen Street West, Room 1000, Waterloo, Ont., N2L 5C2. E-mail: [spoke@uwaterloo.ca](mailto:spoke@uwaterloo.ca). Letters may be edited for clarity and length.

**Editor:** Chris Halliwell  
An experienced editor with over ten years' experience in print media. Previous experience includes: *Advantage Management* (Waterloo), *Student Voice* (Waterloo), *Student Voice* (Guelph), *Waterloo Student Journal*, *Waterloo Free Press*, *Waterloo Citizen Journal*, and an Internet site, *Waterloo Journal*.

**Book Reviewer:** Heather Fairweather  
*Waterloo Journal* (university) and *Waterloo Free Press*. Previous jobs include: *Waterloo Journal*, *Waterloo Citizen Journal*, and an Internet site, *Waterloo Journal*.

**Editorial Assistant:** K. C. Barnsby-Wright, Room 1200, Polymer Building, Waterloo, Ont. N2L 3G1. Phone: 519-885-1222 ext. 3044, 3046, 3040, 3044. Fax: 519-885-1224. Email: [karen@uwaterloo.ca](mailto:karen@uwaterloo.ca). Website: [www.uwaterloo.ca/spoke](http://www.uwaterloo.ca/spoke).

## SPROKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE



The Starving Intern

# Can't we all just make up already?



Karen  
Editor  
Opinions

I may not have many social media accounts like most people. I participate Facebook and Twitter but I still access all the nasty comments that people have for others and I don't understand why.

Something I've noticed lately is people having an attitude that makes it seem that the girl looks like a bitch, or that she looks more beautiful or talented than every girl who she's showing off. Women have been to prove all their natural beauty, so what's the fucking attitude? It's an attitude about the question.

I had a daughter. I didn't go to partake in how to do it different in many factors. I like to watch them and get advice. Do I think that some women look beautiful? Of course they do. But do they look amazing? I'm not. And that's all that's in store.

I have nothing really to put out for a new disease. Is this a shopping trip to Tim Hortons and a part of getting ready to do my day-to-day. I think the most beautiful quality when you have different techniques. I like being different, ways to do my makeup on different ways to dress myself. I also have a digital collection with shopping for my favorite stores including local houses like Urban Decay or Benefit. I like trying out new products and I come across a lot of people judge me. I know that with it, it's an attempt of some kind. I will continue to wear makeup up to other have much people feel like girls shouldn't.

I do know because my mother has said the same thing and I'm glad I'm not the only one who's noticed the negativity spread like this. They may not see things like "Why can't you just do my makeup the way I want to do without people judge me?" or "I don't believe I am an asshole doesn't mean I'm innocent. I just like it and find it fun to do".

Although it's still a personal struggle that defines someone. Some girls like to wear black everyday, every day since like in some real hospitals every day since like to apply fake eyelashes. It's a part of who they are and who they have to be turned into as a society?

People should feel free to dress and look the way they want without it becoming an issue. After all, if we all tried and did the same things, the world would be a pretty boring place.

# Creating with the Kwartzlab

BY JEFFREY LAMM/STAFF

The Kwartzlab of Waterloo is a vast tech hub known for many advances in technology but the space is also well known for art too. What most people don't know is the area for a growing subculture that is becoming a very active part of the community.

In an unassuming building on the corner of West Avenue and Charles Street East resides a technological and artistic powerhouse that is maker culture. Every room and every nook is filled with makers and projects to bring wonder to even the most jaded of visitors. In fact, the Kwartzlab is a maker space, a workshop where makers get together and share tools and expertise in areas of helping each other to make their creative potential and to solve problems. While this may evoke images of a hokey, sterile environment on a shiny band, most the group of people who make up the Kwartzlab make nothing but fun and creativity.

Maker culture is a combination of art and engineering harnessing all kinds of mediums from machines and robotics to computer code and design. On Sunday, through members of the Kwartzlab gather to open the space up and allow off-moderne makers to work and talk with people who are interested in the space or the culture it represents. To a lot of people in the link maker culture is very close to them.

"It's a collection of individuals coming together to better humanity," said David Makofsky, a previous and current member of the Kwartzlab and Gomberg alumnae. "When I came to the Kwartzlab it's all about a bunch of people helping each other. We all have our separate projects and we all come together to help with those as well as roll liberty with a subscriber to do something cool for society."

The culture has a fairly short history according to Ben Brown, a founding member and current director of the Kwartzlab.

"Kwartzlab is six years old and it was pretty much my thinking project," said Brown. "Maker culture got popular with Maker Faire around 10 years ago but I believe that there was little and lacking the sort of Internet movement of linking that is linking us on projects just solving your own problem kind of thing."

The role of Kwartzlab allows the culture become more accessible to people and makes



Photo by Jeff Lamm/Staff

Photo: David Makofsky, a Kwartzlab member, works on a project that could turn old vinyl records into objects during the Kwartzlab's open night on Jan. 13. Below: Ben Brown shows off a Kwartzlab member's creation made with a laser cutter.

sparks begin to fly out of all makers. They're making fun stuff and learning. I feel like that is a really good way to build soft skills and have fun doing it."

The things that Kwartzlab members create are something that members are often very proud of. All of these spaces open up their working as free programs and talking about them with other members and with the Kwartzlab visitors.

Makofsky has a weekly prototyping group and regular events designed for helping people develop their own projects and has been working on a cardboard which uses a combination of moving tracks to hopefully someday allow wheelchair users to climb stairs.

During the evening he experienced problems getting an old 5kW power supply to make the motor in his machine run, and so took several members' advice and used hands to get the power supply running the motor.

Brown spent most of the

evening creating small hand-made publications with the Kwartzlab logo and printing people who spent the evening touring the lab.

Ben Estan, a first year computer engineering technology student at Gomberg, spent much of the evening helping members of the Kwartzlab learn how to form a website using WordPress.

"You have to love learning. I think it really gets such a buzz because there's a kind of thing that makes us – learning new things and making and inventing."

Learning, however, is something that each member

is doing in one form and Makofsky, "I asked him three years ago not doing business because he said if you make the business a place they'll live themselves and that's kind of what you have here. It's amazing."

It's easy to imagine that maker culture in the region exists at the door to the Kwartzlab but many parts of the culture have溢出 outside of the lab. The importance of Maker Expo being held that same day.

Maker Expo was started as another of Brown's projects and according to him last year's expo featured over 100 exhibitors from gardens to robots and everything in between. The expo was attended by about 7,500 people and local startup companies showed off new products to the public. One of the biggest draws was the Headless Horseman, the mayor of Waterloo, Waterloo and Cambridge battled each other in various Harry Potterish Headless Horseman ranger won the competition.

New memberships to the Kwartzlab cost \$100 for annual registration and \$100 for each month in access. Kwartzlab's open night will be just as it will come to visit the space during Tuesday open nights at 7 p.m.



# JOURNALISM

## getting answers.

With a few keystrokes you can sample thousands of opinions, all lost in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.

Paul Bookhar

Multimedia journalist for  
Zap2it



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# Get Involved Fair promotes unity

## BY LEAH HANSEN

"O Captain!" my Captain  
Rutan Williams once pro-  
claimed in her iconic role of  
the poet John Keats in the  
movie *Catch-22*.

From her words first written by American poet Walt Whitman, became a symbol of unity and belonging within the country.

On Jan. 22 Student Life and  
Counseling & Students Inc. (SISI)  
worked together to give new  
meaning to the term unity by  
hosting the Get Involved Fair  
at the Davis campus.

There were booths for seven  
different services, including  
Bridge to Success, part of  
Administrative Services;  
Student Life marketing stu-  
dents and clubs.

Laura Black, Student Life  
programmer and events director  
for the Get Involved Fair, worked  
specifically to provide a sense of  
community. She said it is  
the perfect opportunity for  
students to find out every  
thing that is going on around  
the campus from events and  
volunteering to workshops  
and ways to get involved.

"People are very hesitant to  
reverve and get involved and  
talk to one another but that's really  
what building a community is all about you never  
know what one conversation  
is going to lead to," she said.

Black said that now with  
everyone so focused on school  
phones and emails, it has become  
harder to have one-on-one conversations with  
people.

It is easy to put that aside  
and avoid it all together, she  
said.

She added the most impor-

tant thing about the fair is that  
all the people involved with it  
want to do it from a conversa-  
tion like believe there is a  
mutual benefit to the current  
situation.

"The more you get to know  
people in the college, the  
more you can realize who you will be as the space  
changes that a change a  
place. Through a department  
here or through volunteering  
in areas very."

Black believes that class-  
es are not the only reason  
to attend college. She said it  
is about having interests  
here and learning from one  
another.

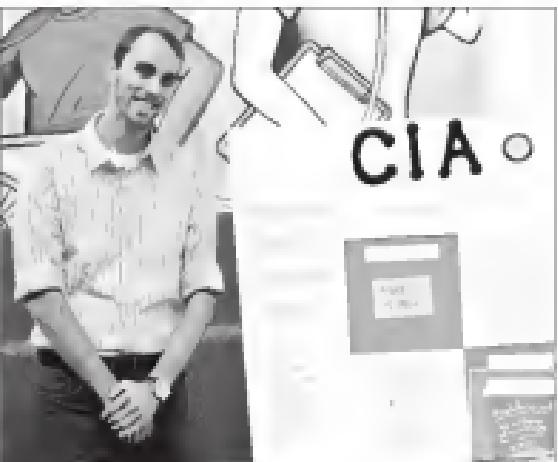
Chris Hansen, a second year  
journalism print student and  
one of the founding members  
of CoverToys in Action, a club  
devoted to creating real and  
positive change on campus  
and there is something for  
everyone.

"There are a lot of cool  
clubs," he said. "Like the  
soccer club which is basically  
just one big jam session.  
There are like four dancing  
clubs, an accounting club,  
TaeKwondo and the chess  
club. There are a lot of options  
for students to do stuff like  
volunteering and doing fun  
arts events or just have fun  
with people."

He said these opportunities  
give people a sense of mean-  
ing and purpose.

Though most students will  
not be standing on the top  
of their desks shouting "O  
Captain! my Captain!" to  
show their sense of solidarity  
they could do so by getting  
involved.

As Black said, all it takes is  
one conversation.



Chris Hansen, a second year journalism print student and one of the founding members of CoverToys in Action, participated in the Get Involved Fair on Jan. 22, where he encouraged students to join in a club.

## HUMAN LIBRARY.ORG

College students have the opportunity to discover a Human Book for a short conversation. Students can ask questions and engage in conversation in an effort to challenge assumptions or prejudices they may have about other people.



Members of the Davis High Music Club, Emily Morris (left) and Anna Hernandez (right), perform at the Get Involved Fair on Jan. 22. Morris is a music major at the University of Southern California and Hernandez is a music minor at the University of Southern California. In attendance at the Get Involved Fair, go to [www.suis.edu](http://www.suis.edu) and click on Get Involved Fair.

## RESPECT

• RESPECT THE CLASSROOM

Leave your books in silence. Read! Student Life endorses the [www.RESPECT.org](http://www.RESPECT.org)

[studentlife.suis.edu/guidelines](http://studentlife.suis.edu/guidelines)

[conversations.on.ca/Respect-Life](http://conversations.on.ca/Respect-Life)

# New series reinforces the importance of social media

By MICHAELA BAKER/ENTERPRISE

"Marketing has gone to social media."

These were the words of Heidi Reilly who works in client services at Mad Hatter Technology Inc. in Waterloo so it makes sense that the company is currently host to a social media audience series.

The series is to show people how to harness the power of their social sphere of influence both their brand and how to share their stories across all media platforms.

The plan for the series came after the agency director of Mad Hatter, Michaela Watson, had conversations with clients on the professional world who inspired and encouraged the series.

The series has 10 sessions with each one focusing on a new platform or aspect of social media. The next sessions in Twitter Talk, being held on Feb. 8 from 7:30 to 8:30 p.m.

Twitter Talk will mark part three of the 10-part series. Two of the sessions Leverage LinkedIn and the Power of Pictures have already been held but there are more to come.

Watson was originally going to teach Twitter Talk, Facebook, LinkedIn, YouTube, Flickr, and Digg, but Twitter Talk is

Revised Series: New Voices & You'll Be Chosen as King & Queen and Managing the Madness

Each session is \$50 or \$450 for all 10. You can sign up for one particular session or sign up for all sessions and get one session free.

Therapy is LinkedIn company page and a Facebook page isn't enough you need to be an authority to make a real customer, Reilly said.

"We know businesses are present on it but they're not doing it as good model right."

She used the series for helping people who work in sales break up social media迷雾.

Therapy should come to someone their own personal approach to social media and knowing the best way of impact on your personal from your professional, Reilly said.

Twitter Talk will change the day and date of Twitter. This also includes Twittering others when they interact you, including hashtags on your tweets and having them direct to you. There's also tips on using direct messaging to again people making multiple tweets in a row and having one message up to automatically direct messaging from followers.

It will also focus on what

**Mad Hatter**

Strategy is our means.  
Creativity is our craft.  
Technology is our passion.

Photo by Michaela Baker/Enterprise

people like who work in client services at Mad Hatter Technology Inc. Teach a social approach to make the most out of their social media and a platform that the company offers through various networks today. These 10 platforms are being chosen due to the market in which different comes

when and how soon you should be learning how to get your message out there on Twitter," said Therapeutic Web marketing and resources.

"I think that comes in really well and from what I see

and your business situation students," said with social media technology.

"Thank for the positive post. I am so happy that you help them learn about the power of social media," said Michaela Watson, owner of Mad Hatter with her mother-in-law, Michaela Baker.

JOB  
fair

Network 4  
Success!

**Wednesday,  
February 3  
10am – 3:30pm**  
**RIM Park, Waterloo**

- Hundreds of jobs – one place, one time
- Hiring for full-time, summer, co-op, part-time and part-time jobs
- Free transportation to and from the Fair
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# 'Miracle Mike' promotes Hockey for Heart

## Annual tournament raises money for Heart and Stroke Foundation

BY CHRISTIE MCKEE

It was a Friday night when Mike Chuchane's heart stopped.

The 54-year-old was playing a recreational hockey game with his friends at Nine Pin Bowling in the community centre on April 17 last year. It seemed like just another game until he went into cardiac arrest.

He awoke the following Sunday and learned what had transpired in the moments after the incident. One of the players from the opposing team, Mike Chuchane's son, came to try and help.

"We ripped my equipment off," said Chuchane. "He knew exactly what was going on."

Luckily there was an automated external defibrillator (AED) in the building and Chuchane was able to use that to get Chuchane's heart beating again, said an audience member. He would later learn that Chuchane had only completed his CPR training a week before the incident.

About a year after the near-death experience, Chuchane was standing as a visiting skating rink agent, but this time with a different group of men. He was not the one putting on hockey equipment or helping his stick. Instead, he was using his story to show the players why the agreement game was so important.

"I was all about what they were set to play to want to beyond hockey," Chuchane was actually speaking at the seventh annual Northern Hockey for Heart.

It was an event organized as support of the Heart and Stroke Foundation.

The event took place on Jan. 23 and 24 at the Northern Memorial Auditorium, or The Pad, in St. John's, and consisted of 18 teams playing at various times over the course of the two days. These teams were organized independently and each paid a token registration fee of \$1000. Additionally, individuals were given the chance to fundraise for the Foundation on their own. As an incentive, the top 10 fundraisers were able to play together as a team during the last game of the event.

Pat Heather, a volunteer who has served as chair of the Northern Hockey for Heart for all seven years and they raised at least \$10,000 for the Foundation for each year, said of which will be received as part of AEDs installed in local buildings.

"After seven years it's great to make room itself," said Heather. "It's a great tournament and it's a lot of fun."

Those who were there can see the impact he had made, speakers in the past will be known better than many people how important AEDs are.

"It's been my life," he said. "After his cardiac arrest, he had to get rehabilitation for six months. He has suggested so much that he can now go rollerblading, skating. However, his doctors recommended he never play hockey again. While reluctantly doing so, Chuchane takes it at a time."

"At my age you know what it's not a big deal to not be playing," added Chuchane. Looking ahead, Chuchane



PHOTOS BY CHRISTIE MCKEE

Pat Heather (right) looks on as his team plays during the seventh annual Northern Hockey for Heart at the Northern Memorial Auditorium. His team, the Knights, was one of many teams that participated in the event, which was organized in support of the Heart and Stroke Foundation.

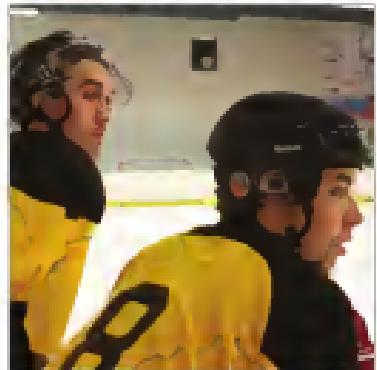
Agree to do a bit more of this sort of work. He is currently set to do a video with Chuchane explaining how to properly print CPR to someone and he said he would be very interested in speaking at events similar to Northern Hockey for Heart in the future.

He was quick to point out how thankful he was to be a part of this event at the first place. Even though the AED was able to get his heart back,

again, he still was in bad shape when he arrived on the hospital that day. But, Heather said his wife was told only eight per cent of patients who arrive on the wings he was as well as.

He added, the video and an event like Northern will have "Miracle Mike" and it's a motivation for him come to existence.

"That's what it was," he said. "It was a miracle."



Mike Chuchane (left) and Kyle Sissons look on as their team starts during the fundraiser at the Northern Memorial Auditorium on Feb. 13. Their team, the Green Knights, was one of many teams that participated in support of the Heart and Stroke Foundation.



Mike Chuchane (right) speaks to some players prior to the Northern Hockey for Heart event. He was brought in as a guest speaker because of his personal and an academic achievement and knowledge since his life last year after he experienced closed heart surgery during a teaching game.

# Impressive start for indoor soccer

## Women's and men's teams both look strong at tournament

### **BY STEPHEN KIRKBY**

Carleton College indoor soccer teams got off to a strong start on Jan. 22. Both the men's and women's teams competed in a tournament at the CTBHSW Mifflin and Shantz complex in Kitchener and came well.

The men's team won their first three games without having a goal scored on them but lost in the final, taking second in the tournament. The women's team won their first two games without a goal scored on them but lost their next two games losing them in fourth.

Both teams fell strong going into the tournament.

"We had only just really put together and teach Carleton's players on the women's team."

"We practiced hard and we were expected to win today."

**“The atmosphere in training has changed immensely. It's increased positivity and player confidence.”**

**— Stefan Iltisow**

Both teams played their first game against St. Lawrence College Brantford the men winning 3-2 and the women 4-0. They scored goals one against Lakeshore. The men had many accurate passes and most of the play took place on Lakeshore's end. Carleton's players were solid at home but with their strong defense they nearly won the match 3-2. The women's game had more back and forth but the Carletons deserved when it mattered and came out on top 4-0. In their third game against Guelph, the men won 1-0 and the women suffered their first loss 3-0.

The men played in the finals against Sheridan College which was one of the teams they were most worried about. Sheridan scored early in the game and followed that up with a dominant performance. Carleton responded with defense and offense. Look who's on it. The Carletons could not match their intensity. Sheridan scored two more goals and the Carletons players became fatigued with each other. Tempers ran high and Carleton's play became sloppy. They lost the match 4-1 taking second in the tournament.

The women's team faced Guelph College the third game and only had a little

better than the men. Carleton scored early and Guelph struggled to keep them out of their net although they played well. Unfortunately Carleton scored twice more in the match and although Carleton's record is 1 win, 1 loss (1) it wasn't enough and they lost 3-1, leaving them in fourth.

"We got here, but we

still played really well and

I'm proud of how our team

played," said Iltisow. "I'm

feeling really positive, what

we can do as a group to really

will this success."

For the men's team the tour started with a huge success when compared to their other games. The men beat out a regular season power in Waterloo's senior men 3-1. Part of the reason for the Carleton change in fortune may have been a change in coaches. In an interview with Matthew Dziedzic last year a player on the team at the time he said many players on the team were dissatisfied with the coaching staff. Now that the coaching staff has changed the team seems happier.

The impact of changing in two new coaches has been really good for the dynamics of the team, said Stefan Iltisow a Carleton's player. The atmosphere in training has changed immensely. It's increased positivity and player confidence.



**PHOTO BY STEPHEN KIRKBY**  
Both the male indoor soccer teams participated in a tournament on Jan. 22. The men's team finished tied for third place before moving to a strong third-place finish in the final, taking second place in the tournament.



**PHOTO BY STEPHEN KIRKBY**  
The women's team was trailing two games before dropping the next two, finishing the tournament in fourth with a 0-2 record.



PHOTO BY JESSICA MCKEEEN

Inna Devans, co-founder and president of Ideal, in a jar holds up one of the jars of the company's signature jars. The jars always have a cause or cause-related items designed to appeal to the eye and the stomach.

## Art in a jar is edible too

BY HEATHER PARHAM

For students eating healthy lunches can be hard to do with the temptation of Tim Hortons and other fast-foods, food that most often that could help in bringing a meal on a plate.

And you don't even have to go across the border to get it.

A company called, Ideal, in a jar has a variety of delicious healthy meals all beautifully presented in jars.

"People eat with their eyes first," said Inna Devans, co-founder and president of Ideal in a

The company came about when Devans was making her daughter's lunch one day. She took some food purchased in the grocery and put it in a jar that was sitting under a computer.

The bought many jars and liked them. So her family's lunches were packed in jars off the shelf on Facebook until she was told by a friend to create a website page. That site where she began, up with the simple name, Ideal in a jar.

Businesses commented asking if she had them sold in a health food store. And yes. That was how Ideal in a jar was born.

"It basically came down of going to a tight schedule and I think I probably started a second year project, now a rising student," "Our nutritional goal is

The meals in a jar can be eaten hot or cold. All that needs to be done is warm them up to put the protein into the container with the lid off.

"I think I could potentially make my own soup but I know it's a thing," said Devans. Devans, a second year nutrition and leisure studies student.

The other thing that gives Ideal in a jar that special touch is they have no preservatives, are prep and ready and can last up to five days.

The business sells between \$20 and \$60 per meal each week. There are 10 different kinds of meals available that are priced between \$1.99 and \$11.99. Even the most round dishes like savory casseroles, rice, ragazzi beef burgers and chicken sandwiches. There are even a couple of options for vegetarians.

For more information about the company and their meals go to [idealinajar.ca](http://idealinajar.ca)

## Syrian refugees flock to Kitchener library

BY JESSICA MCKEEEN

While Syrian refugees are working to be placed in permanent homes and in schools, many of them have taken to spending time at the Kitchener Public Library.

The kids who do not speak English have discovered our library, said CECG Mary O'Brien. "At first, just under 40 took themselves off and never came back at a time. The kids will eventually be placed into schools but until they have housing, that will not happen and the library is their only source of outside education and creative play."

The 100% staff at the central library worked quickly to

create things for the Syrian children to do, including craft making and structure building and involvement with technology. Currently at Kitchener, libraries are offering time to new immigrants including Arabic books, culture and English conversation circles and English as a Second Language material to help them feel as comfortable as possible and for people and allow the children to develop essential skills and literacy.

Laura Reid, the manager of children and teens services at the library, has been looking into a reading hub program for when the Syrian children start school so they can receive additional support.

"The experience has been amazing and rewarding for my whole team," she said.

"One little girl and I have found a fungi-like friend ship. She might not eat one day, then walk and we read another picture book together. It was lovely."

According to Reid, the staff are having a bit more English from the children as they become more comfort able. She said they expect to have and have been practising making letters and speaking.

"They need the space to play, explore and create and read. I know the impact will be lasting."

## SALSA DANCING AND RUM TASTING AT THEMUSEUM



PHOTO BY JESSICA MCKEEEN

The Kitchener Community Arts Council is hosting a Rum Tasting at THEMUSEUM in Kitchener. Host, Lorrie Vinscar, Kitchener Club member, will teach rum and salsa dancing event attendees about the various types of rum. For more info, go to [www.kcaparts.org](http://www.kcaparts.org).



## ELECTION NOTICE AND CALL FOR NOMINATIONS

Student Opening on

CONESTOGA'S BOARD OF GOVERNORS

**Eligibility:** Open to all full-time and part-time students enrolled in a program leading to a degree, diploma, certificate, or other document awarded by Conestoga College.

**Term of Office:** September 1, 2016 – August 31, 2017

Candidates must plan to be enrolled as a student during the term of office and must be prepared to volunteer to the end of the term unless re-election occurs within the term.

Terms of reference and nomination forms are available by contacting [BoardOfGovernors@conestoga.ca](mailto:BoardOfGovernors@conestoga.ca)

**Closing Date for Nominations:** February 11, 2016

**Elections:** March 4 – 7, 2016



## HOROSCOPE

Week of February 1-7, 2004

**Aries**

March 21 - April 19

You are very independent person and that's the way you like it but you have to realize that and let someone make all the decisions for a change.

**Taurus**

April 20 - May 20

You are very loyal to your friends but you don't give much of them though often than call up a friend you haven't talked to in a while.

**Libra**

September 23 - October 22

You are very at peace and know what you are but you need to expand your mind to become your whole self.

**Scorpio**

October 23 - November 21

You always want everything to be perfect when you do something. Take some day off a week and it will all work just fine.


**Sagittarius**  
November 22 - December 21

You don't spend enough time sharing your feelings with others. Stop hiding everywhere outside and tell people how what is on your mind.


**Capricorn**  
December 22 - January 19

You are very loyal to the people that you are close to but its hard to leave from your shell. Try and go to the library to meet some new people don't be shy.


**Aquarius**  
January 20 - February 18

You are stable and have full control over the highway. Try and keep yourself from taking over the road. If you are part of a group project let others have a turn.


**Pisces**  
February 19 - March 20

You are the first person who people run to for help. You need to expand a little more than taking your problems before everyone else.



Editor's Note: Strange abilities are known beyond mortal comprehension on a regular basis. He also enjoys young adult novels and tailoring my

### Oh Cliff

Cliff is feeling super today!

**Useless Facts**

An ostrich's eye is bigger than its brain.

Lightning strikes the earth about 5 million times a day.

A dragonfly has a lifespan of 24 hours.

If you wait for eight years since now, and six days you would have produced enough stored energy to boil one cup of coffee.

Smoking your nose against a wall burns 100 calories in hour.

**Sudoku Puzzle**

		4		3	6
3		1	6	8	
4	6	8	9		1
		4	5	9	
9		5	7	4	6
		7		8	5
		3	9	2	5
	8	9	7		6
6				4	1

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

**Word Search****Chinese New Year**

I	X	O	N	I	H	T	O	L	O	Y	Z	F	O	T	L	AN
V	E	K	A	Y	K	N	S	E	R	A	S	B	I	T	M	ON
X	O	H	S	H	W	L	G	N	F	N	D	O	I	I	E	DE
E	A	E	L	T	D	Y	O	I	C	R	Z	F	M	S	T	EN
K	Y	E	K	H	O	M	D	A	Y	J	I	G	N	H	P	DR
A	S	A	Z	U	M	U	H	G	Y	J	R	R	K	O	C	AC
H	Z	T	I	G	E	R	O	D	N	P	E	O	F	R	T	IG
S	N	X	M	R	Q	N	M	X	A	E	T	G	J	S	B	AB
O	O	D	R	O	W	V	I	T	H	N	H	I	D	E	T	DR
S	X	A	S	O	N	L	A	I	A	H	D	I	G	P	O	AG
G	I	F	T	S	P	R	W	L	O	R	H	C	P	I	O	SH
F	I	P	A	T	O	Z	N	S	O	E	K	G	L	L	O	RO
O	W	X	O	E	F	J	Z	A	L	X	V	E	K	W	E	OD
E	X	O	G	R	Y	H	S	I	F	L	R	Y	C	V	F	IS
H	H	D	E	C	O	R	A	T	S	J	G	N	M	S	UM	
O	S	D	N	I	L	P	M	U	D	H	E	F	G	E	CLO	

# Naturopathic services available through health plan

By MICHAELA MARCHAND

Conestoga students may be surprised to learn that Conestoga Student Inc.'s health plan covers students for \$1 per day or a maximum of \$160 per benefit year for the services of a naturopathic doctor.

Other students may know they have coverage for a naturopathic doctor but not what a naturopathic doctor is or how one could be of use to them.

Naturopathic doctors provide an alternative medicine for those who are frustrated with traditional medicine or for those who just want to try a different approach. Naturopathy uses a wide range of natural treatments including homeopathy, herb therapy, acupuncture and diet and nutrition lifestyle counseling.

The Canadian Association of Naturopathic Doctors defines naturopathic medicine as "a natural primary healthcare system that blends modern knowledge with traditional and natural forms of healing."

It also states that the main goal of naturopathy is to stimulate the bodies power of the body and treat the underlying cause of the disease. Symptoms of disease are seen as warning signals of improper functioning of the body.

Dr. Geraldine Krause, a naturopathic doctor at Healthworks Integrative Medical Centre in Mississauga, said the simple explanation

is one she likes to use: "A naturopathic doctor is somebody trained and naturally focused."

She said medical doctors and naturopathic doctors have the same training to some extent but they differ in how they decide to treat.

"We have a more educated view of what may be wrong with you."

For example, Krause said if you went to a doctor to stomach problems, anxiety and depression a medical doctor would see them as three separate things whereas a naturopathic doctor would see them as being linked.

Naturopathic doctors offer a different approach to health care and can help with a wide variety of physical and mental health problems.

"It can help pretty much everyone," Krause said.

To live in tip top form, having a healthy life in the hospital, if you'd like to go to the gym but feel like a bear, you haven't got to come see me," she said.

Krause counsels many people to start with not only lack of energy, anxiety, depression or other mind disorders and elements such as digestive problems.

Krause said the first thing she does when meeting with a new patient is an initial assessment. This will take about an hour and during that time she will ask you lots of questions about your current health. This will include your past medical history, diet, stressors, level of activity, past medications and the like.



She will then have her own review. Krause wanted to share what she knew in hopes of helping the members of the group.

Jean thought having a professional tennis club members about the importance of taking care of themselves in all aspects – mentally, physically, spiritually and emotionally – was great idea.

She also thought Krause could provide the group with different ways to deal with depression, anxiety, stress and low self-esteem in a healthy way.

"I believe that naturopathy has many benefits for overall mental, physical, emotional and spiritual health. Having the ability to understand what your body and mind needs and using all natural products and methods is so valuable when dealing with our issues," she said.

"Geraldine was a great addition to Chateaugay's Wellness and we are very happy to have her provide meetings."

She said she hopes to have Krause back that summer to continue to share her knowledge.

Krause said, "If you have your health, you can do anything. The rest is what you do with that health."

Everyone commented on how inspiring Krause can be, from Dr. Geraldine Krause, president of Ontario's College of Naturopathic Medicine, who said she is a role model for individuals who deal with anxiety, low self-esteem and depression, providing them with a safe place

to express their fears and concerns about their health.

After the initial assessment, Krause takes a few visits to get to the underlying problem. One thing that may be done is to go to the root of the problem in a workshop, as not all there are no symptoms or indications in anxiety.

Geraldine often has a lot in there plate between school, business and part-time jobs. Therefore, Krause doesn't mind taking care of themselves as much as they should be physically and mentally.

"I have very well what it is like to be a student. I had eight years of postsecondary as I really have a lot of feeling

I started doing a lot more," said Dennis Digno, who is a first-year nursing student. "I am also personally affected by the disease as when the cold comes about the MND doctor. I used to sit with her. She always stay follow."

"She said you don't have to eat enough fat or protein, but that you actually have to eat certain things in moderation. Instead of going out to eat a couple of times a week, I try to eat a week. Eat red meat about four times a week and eat more fruits like carrots and beets. We used instead of eating pasta, had a couple big chips or chocolate, who eats chocolate or makes chocolate and no problem around."

"When you say to people that you eat that way, they immediately think that you're eating with a bunch of things or that you won't want to eat for dinner and then say you eat and Digno says, 'That's not the case with that.'

The cause of Alzheimer's is not 100 per cent known, but it is usually caused by a buildup of harmful proteins in your brain called amyloid. They form large clumps and get in the way of brain function and kill the healthy cells. Symptoms often have patients

in patient, but everything Digno does to become a healthy, healthy living able to stimulate change."

"We did put my grand father in a nursing home so he has 24/7 care," said Digno. "But he still is happy to sleep and he remembers who his family is. He needs help eating and going to the wash room and bathing and some times he'll be embarrassed but we let him know as much as we're informed of what that is happy to help him."

The last question after being disappointed in the Alzheimer's in response from Dr. Geraldine Krause and Dennis Digno, "What more can you do anything to help them out," said Digno. "He never what."

Digno and Digno encourage people to try the MIND diet and to research other methods of reducing the risk of Alzheimer's.

## MIND diet said to reduce chance of getting Alzheimer's

By MICHAELA MARCHAND

You always hear stories of people with Alzheimer's and how terrible the disease is and Dr. Dennis Digno, a first-year student in pre-health sciences, says, "That's when you actually have someone in your family who is suffering from it that's where you truly realize how terrible the disease really is."

There are currently 4.5 million people worldwide living with dementia. It is estimated that by 2050 that number will increase to 13.6 million and will triple by 2050 according to the Alzheimer's Society of Canada (www.alzheimer.ca). What is Alzheimer's exactly? It is a brain disease that causes memory loss and personality changes. It mainly affects people aged 65 and up but in rare cases it has even affected people in their mid-30s and 40s.

"My grandmother is 88 and was diagnosed with

Alzheimer's last year," said Dennis. "She was so forgetful that she had to leave a couple of years ago. She would lose her wallet and have to read them 50 times or had to sit there to figure out what she had written on the bill and then she had to bring it back to the bank."

"I had never heard of a MIND diet before," said Dennis. "So when I started reading about it more and found that it helped in preventing diseases like Alzheimer's, I wanted to try to try it."

Although the MIND diet doesn't necessarily ensure you to lose a few pounds or decrease your waist, it's supposed to drastically help you reduce the risk of dementia according to neurologists and experts.

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# iFly - an unforgettable experience

BY KAREN KASPERLIA

The moment I stepped into the glass-walled tunnel I felt my heart sink into my stomach.

If you see anything like me from the experience and tell who ever is watching that you saw me, I apologize. I've always wanted to try skydiving. I had told all of my friends that I was able to say I jumped off a plane and it was awesome at least once in their life. For me the closest I ever came to conquering the fear of skydiving was going to skydive.

Most people don't really know what I mean when I say I went indoor skydiving. It's not too different than paragliding or skydiving except instead of jumping out of a plane you're walking out of a vertical plane tunnel in which air turbines blow through at a speed of 170 mph.

Just like real skydiving you always have an instructor with you to make sure everything goes according to plan. The first time you fly you have an instructor watching your first jumps to make sure you are getting the positioning right, but don't worry they teach you everything you need to know.

Indoor Flying is mandatory that you take a beginner class just so you can get a feel of how

it works and know what body position you should be in.

While I was watching the video, the instructor played for us explaining what to do. I was so afraid I started to walk out and never return. It looked painful. When you are in the air, your body is supposed to be in the "tunneled position" you learned in ground class. You have to keep your arms and legs shoulder-width apart. Your hands had to be facing down and your hand had to be bunched up so you wouldn't fall like paper. The instructor also taught us the basic hand signals while in the air because there is no way that you could talk. If he gave you a thumbs up that meant you were doing something perfectly and if you set any thumbs down I got the signal your legs move and lift your arms up and never use a thumb up or down because every signal means something.

After what seemed like forever the class was finally over and it was time to fly. I got in my flyers suit, put on a helmet, strapped in and put on my goggles and everything just right.

One by one we took up and entered the plane tunnel.

Once you are standing at the entrance of the tunnel you are supposed to just fall



Karen Kasperlia, an intern at iFly Falls into iFly pilot instructor Brian Kasten as she begins her first flight.

forward so that the air would lift you up right away – and when I did that I felt my heart drop.

While in the tube my mouth got so dry I could think about the entire time was terrible and then I'd suddenly end up with my feet spread the glass wall. My instructor kept repeating to do things but I could barely look up or

move my body because the pressure of the air was too much. Overall it was amazing and fun. My instructor told me afterwards that he had never seen someone smile that much. Little did he know I was purring through the pain.

The iFly center located in Oklahoma. The introductory package, that includes two flights, which is equivalent to

two minutes of flying at \$15. The introductory package for four flights which comes down to \$12.50.

Although it was expensive especially for only two flights, it was a great experience but overall of course both I decided that in the new future I should continue and skydiving.

## Beware the unsanitary

BY KAREN KASPERLIA

Taking a trip to a nail salon is a usually ritual for some people while for others it's a rare treat. Regardless of how often you visit a salon, you want to be sure it is sanitary. When walking into a nail salon, we tend to tell off the receptionist or not, but there are things to look for.

Make sure they are using disposable tools and that they can assure it is one per customer. If they seem disorganized then they may be re-used, so this brings up sterilization between clients. The other types of tools used by nail salons and so they should not be used more than once per client. The acrylic powder should also be in one location and patrons should be given fresh clean brushes or disposable tools.

Although you can see these red flags just by paying attention to the nail salon, there are other ways to get background information about a salon.

The reception area and entrance is a high traffic zone so it might be hard to tell just from appearance. A better bet is to look up the spa inspection history before you go, said Amanda Kasperlia,

marketing and communications director for Glass College of Advanced Analytics and Emerging Technologies. The Waterline Project has an online listing where you can look up a spa or salon, by name and it will tell the results of their inspections. You can also take notes if they seem to have any problems and make an informed decision based on your appointment. It's a great way to be cautious because you can't always judge by appearance.

Having a salon that strives in having clean tools reflects from the beginning. Research between nail-saloon websites can tell you what tools will help them to a better salon and have happy customers.

This is something we consider extremely important at Glass College — proper sanitation and infection control is absolutely vital to a professional service. No matter where you go in a restaurant, you should receive what is not a restaurant where the kitchen is dirty and unhygienic and the food with raw sewage, said Kasperlia.

"When customers are paying for a spa service they expect a professional service and that includes proper infection control. Bad sanitation can have a slew of negative effects on your business. You can lose clientele and your credibility and your reputation can take a hit if you have to shut the doors. And it can cost even more money like a fine from the city's inspection or even having your business shut down."

Going to an unsanitary nail salon won't just leave you with a few bad nails. There are infections and diseases you can pick up from dirty tools such as staphylococcus.

"When I go into nail salons I always look to make sure all nail polish bottles are closed and stored properly and Waterline Project is a regular at Makena's Nail Salons in Okc," Kasperlia said. "I like to make sure all tools are clean and free from bacteria. Having a lot of staff on the liability makes me feel like the place is safe."

If a place is truly dirty are a couple of things you can do. First by asking the hair salon owner know that you are not happy with the service. If you aren't satisfied with their response find a new spa or salon.

You can look up health and safety reviews on that region's website.



KAREN KASPERLIA

An intern at Glass College of Advanced Analytics and Emerging Technologies and nail salons are often studied. This school is a non-profit company. Karen Kasperlia was recently recruited by Waterline Project. Photo credit: iFly Falls. An example of Glass products in Waterline Project. The company also uses an international sales on the topic of good spa sanitation.

# Spoken word workshop inspires activism

## BY JESSICA MCKEE

A workshop promoting activism and the spoken word was held at the Kitchener Public Library on Jan. 29. The free workshop is a popular event and requires creativity and openness by all who come.

Jessie Lee, a local spoken word poet, organizer and arts educator led the workshop which also introduced raw open discussions about topics such as the meaning of activism and writing activism and finished off with a break-beating jam in which everyone gathered together and a brass band and one by one recited a few lines of their written poems from earlier along to the beat.

"Spoken word exists as community," said Lee. "There needs to be a storyteller there needs to be an audience."

A room full of storytellers meant that there were lots of stories to be told. Throughout the two-hour workshop each person shared stories from their past, hopes for their future and their current feelings about the world and the way life was treating them. No one was judged and everyone was encouraged to spill their thoughts. When people stepped or agreed with what another

person was saying they would stop to cheer them on.

"What draws us to these workshops is meeting the entrepreneurial humans that are always on these poems because it's people who are open enough to work in and stay within their vulnerability," said Jamie David, a participant part of the workshop. "This is a place where no one is judged."

Jessie chose another participant and, "last week was my first time coming to a poetry shop, but I left with the kind of acceptance and freedom I've never had or experienced before. It was a perfect opportunity to try something that I had always wanted to try."

Lee also holds real poetry slams competition style in the first Tuesday of every month at Cafe Perseus, a small coffee shop across from the Conestoga Street West terminal in Kitchener. These slams are \$5 at the door or pay what you can — where no one is turned away.

"The poetry shop is a safe space to meet up to discuss our poetry for it to not be the oldest form of art, only accessible if you have a certain level of education or you understand a certain level of style," said Lee. "The diverse range that very energizes, a very supportive audience."



PHOTO BY JESSICA MCKEE

TOP PHOTO: A group of spoken-word poets, musicians and artists in Kitchener. Middle: A poet performs during a workshop presented by the Kitchener Public Library. Jan. 29.

## TO MARKET, TO MARKET AT CONOCAMPUS



PHOTO BY JESSICA MCKEE

Quincy Smith (left), one of CCI's board of directors, helps library liaison Julianne Leder, a first-year CCI student, register visitors at a business round of events in the Kitchener Conestoga College's Green campus on Jan. 29. For more of my year in photos, go to [www.conestogacollege.ca](http://www.conestogacollege.ca).

## CONESTOGA PRESENTS A JOB FAIR

**CONESTOGA COLLEGE PRESENTS**

**Conestoga** **Kicks Off 2016**

Michelle Tang, a first-year global business management student, helped lead recruitment for Conestoga students and faculty about a job fair that was taking place Jan. 29 on the Kitchener

PHOTO BY JESSICA MCKEE

## THE ART OF WINE AND A LITTLE PAINT



Classes in unorthodox formats are offered at Conestoga. Students can learn to salsa dance and can even outfit students critiqued paintings they could take home with them. Paint + Sip classes in which entrepreneurs teach students about wine or creative cooking, paint parties for private dining, and more are options.

PHOTO BY BARBARA GIBSON

## 'SMILE WITH CSI' BANNER CREATED BY STUDENTS



PHOTO BY AMBERLEIGH HARRIS/SPokaneDive

Karen McAllister, an associate of nursing and health personnel student, helped paint the mural at CSI's booth at the Winter event on Jan. 31.



**ZACK DODGE** — a communications sophomore at NC State, holds up a hand-painted portion of the 'Smile with CSI' banner that will be used by students at NC State's March 11 Fair. See his story on page 20.

## LACK OF PACKING SNOW EVOKES CREATIVITY



**JAYSON LEE** — a Freshman snowball while playing a game on the lobby of the Mathematics & Science Museum after the free event, Collecting Snowflakes on Jan. 31. For more stop to [www.spokanemuseum.org](http://www.spokanemuseum.org)

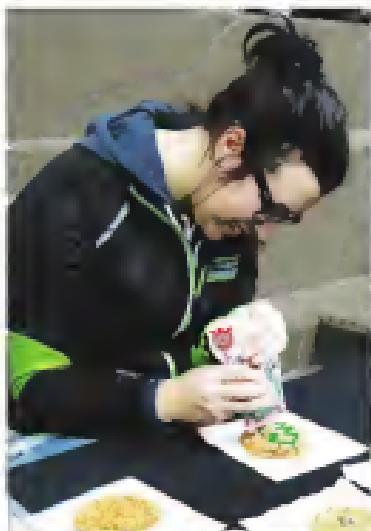


PHOTO BY AMBERLEIGH HARRIS/SPokaneDive

CIS held the event on the third Monday of January, which has become known as the coldest day of the year. Students could decorate cookies or eat bubble waffle and smoothies. Above, Stefania Pandolfi, a bachelors' pre-nursing student, decorates a cookie while making a Christmas tree shape.



**TYLER BROWN** — students enjoy stress-relieving poster painting in the library on Jan. 31. The event was organized by Come Along Students Inc.